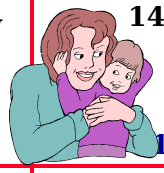
SEPTEMBER 2005
Family Support Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
For more information or to sign up for a class, call the Family Support Center at 652-3327. You can also visit our website at http://www.nellis.af.mil/events.htm All classes are held at the Family Support Center 4311 N. Washington Blvd., Ste. 102 Nellis AFB, NV 89191				1	2	3
4 Labor Day	5	6 ACC Family Day	7 Pre-Deployment Briefing 1400-1500	8 TAP EMPLOYMENT STRATEGIES WORKSHOP: WED-FRI, 0800-1600	9	10
11	12 Ready, Set, Grow! 1000-1100 Sep/Retirement Brief 1330-1430 Preparation for Parenthood 1800-2030	13 Job Search in LV 0900-1130	14  Pre-Deployment Briefing 1400-1500 Hugs from Home 1600-1900	15 Movin' on Up and Out of the Dorm 0800-1000	16	17
18	19 Ready, Set, Grow! 1000-1100 Single Parents Network 1130-1230 Preparation for Parenthood 1800-2030	20 Job Search in LV 0900-1130	21 Pre-Deployment Briefing 1400-1500	22 First Day of Fall TAP EMPLOYMENT STRATEGIES WORKSHOP: WED-FRI, 0800-1600	23 Sponsorship Training 1300-1400	24
25	26 Ready, Set, Grow! 1000-1100 Sep/Retirement Brief 1330-1430 Preparation for Parenthood	27 Job Search in LV 0900-1130	28 Start Your Own Business 0900-1200 Pre-Deployment Briefing	29 Smooth Move 1400-1600	30	

Services & Activties - September 2005

HUGS FROM HOME

Do you have a deployed or remote parent? Do you want to send them a life-sized hug? Come to the Chapel on **14 September from 1600-1900**. We'll have a coloring book of the kids which they can color and decorate to look like themselves. We'll put their hug into an oversized envelope so they can send it to mom or dad. Call the FSC to sign up today.

MOVIN' ON UP AND OUT ON YOUR OWN!

This is a must for Airmen moving off-base for the first time. This class will help you find a room-mate that won't drive you up the walls. You will also learn to create an informal roommate contract, determine what you need to set up a household and figure out what it will actually cost you to live off-base. Call the FSC to sign up.

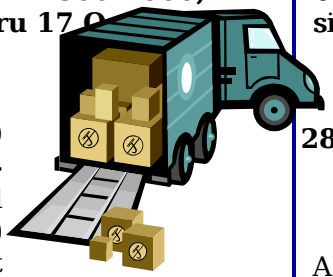
Thursday, 15 September from 0800-1000

PREPARATION FOR PARENTHOOD

This is a free five-week course held every Monday for expectant parents. Topics include budgeting for a new baby, caring for a newborn, breast/bottle feeding, child safety, development. There will be lots of free samples and hand-outs. Call the FSC to sign up.

Every Monday from 1800-2000, 12 September thru 17 October

SMOOTH MOVE



Thursday, 29 September, 1400-1600. For personnel (spouses included) who are PCSing. What you expects to know about moving to Texas. Your questions will be answered with a briefing from each agency separately. Call the FSC to sign up.

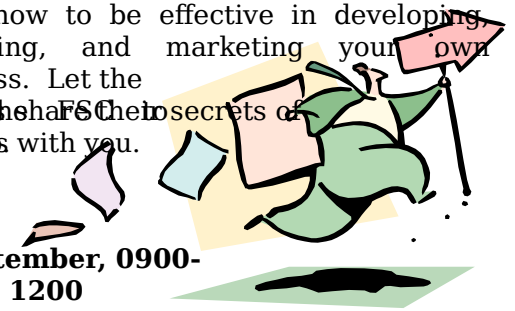
SINGLE PARENT'S NETWORK

This network of single parents meets the **third Monday** of every month from **11:30–12:30 and lunch is provided**.

The attention is to groom strong, successful and resourceful single parents. This will be accomplished by providing on and off base resources, news and insights on single parenting in today's society. Call the FSC to register.

START YOUR OWN BUSINESS

The majority of small businesses fail within the first five years. Are you ready to take the risk? Experts from the Service Corp of Retired Executives (SCORE) will present this thought-provoking workshop, which will provide you with the tools necessary to be your own boss. Come to the FSC and learn how to be effective in developing, managing, and marketing your own business. Let the experts share their secrets of success with you.



28 September, 0900-1200

Free Counseling Servi

AF One Source is offering six free non-clinical counseling sessions for relationship issues, grief, stress, and parenting. Call a consultant at 1-800-707-5784 and they will help you find the best course of action and if deemed necessary, set an appointment with a local counselor. Call the FSC for more information.

FAMILY SUPPORT CENTER
NELLIS AIR FORCE BASE

Helping others.. so they can help themselves